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**Respect
and Rehtaeh**
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Oddity**
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**Thank
the Lorde**
PAGE 31

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Metro looks at the stories that caught our attention in 2013, including the Moose running loose over the CHL.

SEE PAGES 7, 43



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JEFF HARPER/METRO



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Local 2013 was a big news year in Halifax. Here are the stories that called us to action, impacted our lives, and gave us a much-needed smile.

Rehtaeh taught me about respect

'Listening and respect was all she needed.'

Reporter learns simple lesson from mother of teen at centre of tragic bullying case



HALEY RYAN
haley.ryan@metronews.ca

More than eight months after Rehtaeh Parsons took her own life, I still think of a sentence her mother said to me just a couple days after her daughter's death.

I sat down with Leah Parsons in April, after she invited me into her Cole Harbour home to hear about what kind of person Rehtaeh was, before and after the alleged rape that happened at a party when she was 15, in 2011.

"Rehtaeh's everywhere here," Parsons said with a sad smile as she looked around at the photos of her daughter lining the walls.

Interviewing someone who has suffered a major loss is intimidating because you want to do their loved one justice, but as I talked with Leah I realized listening and respect was all she needed.

As a reporter, I knew sharing Rehtaeh's story was the best way I could respect her memory and help her family heal.

Parsons said her 17-year-old daughter had been a headstrong, busy young woman passionate about animal rights and protective of her younger sisters.

When Parsons talked about the night she said Rehtaeh



Leah Parsons fights back tears talking about the death of her daughter Rehtaeh just days after she died in hospital. JEFF HARPER/METRO

was raped by a group of boys, and an alleged photo of the incident was spread around her school, I remember her disbelief and pain that people could harass her daughter for being "a slut."

Following in the wake of increased media and public attention, new information did come forward to allow the RCMP to reopen Rehtaeh's case, leading to child porn charges against two teenage boys.

That story has also become synonymous with bullying

across the country, and helped create national and provincial legislation which criminalizes the distribution of intimate photos without consent.

However, Rehtaeh mostly taught me about respecting those who come forward to talk about sexual abuse, and the importance of simply listening.

"Don't jump on the victim, help the victim," Parsons said.

In some ways, Parsons is right. Rehtaeh's influence is everywhere.

Events following Rehtaeh Parson's story

- The Nova Scotia and federal governments introduced cyberbullying legislation, which includes making the non-consensual distribution of "intimate images" illegal.
- RCMP reopened her case based on new and credible information, leading to child-porn charges being laid.
- An Independent review was launched into how the Halifax Regional Police and local school board handled her case.
- A review was launched on how mental-health procedures at the IWK Health Centre could be improved.

1 NEWS

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Veteran and his service dog inspire

Eastern Passage.

Veteran with message of life-altering benefits of service dogs for veterans with PTSD makes lasting impression on reporter



**RUTH
DAVENPORT**
Reporter

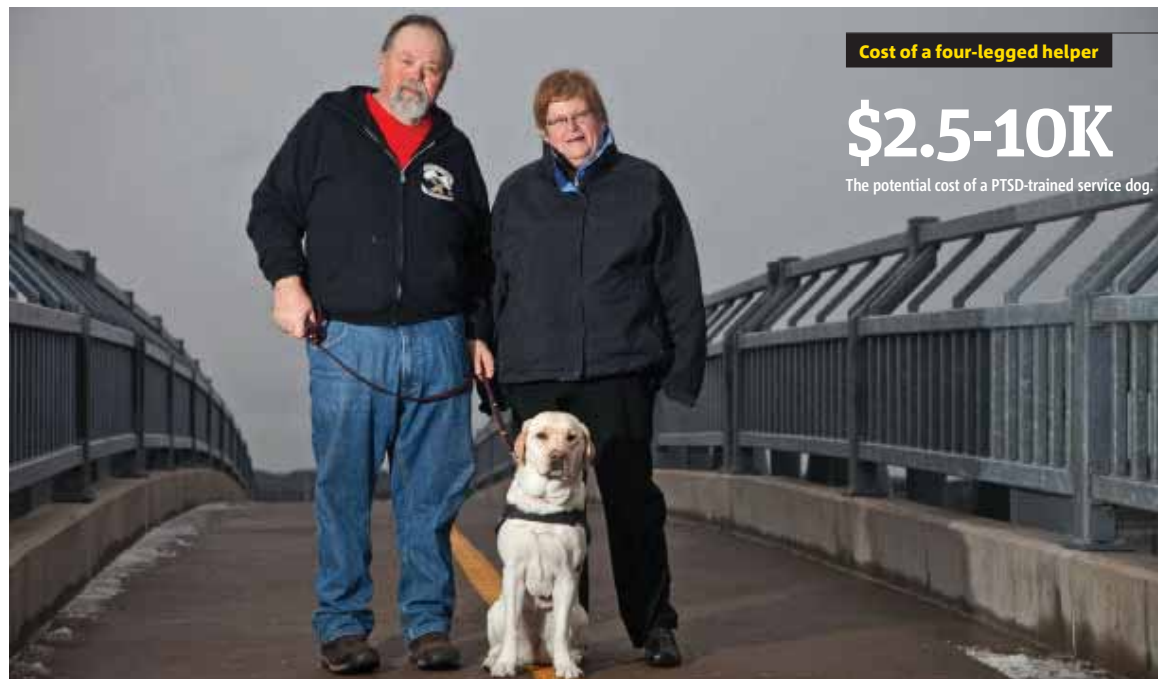
I covered a lot of touching and incredible stories for Metro Halifax in 2013, but none caught my attention quite like that of the Eastern Passage man who found a four-footed saviour in 2012 — and has made the most of his new “leash” on life since.

As a dog owner and rabid animal lover, I’m naturally predisposed to be moved by animal stories. But Retired Capt. Medric Cousineau’s is so much more than just a dog story.

The former Air Force navigator was paired with his service dog, Thai, in 2012 after years of battling depression, paranoia, and suicidal thoughts following an injury in 1986. He says Thai has transformed his life.

“There’s so much that can happen that’s positive, and all of that, in my life, is attributable to one little yellow lady lab,” he told me when I caught up with him in December.

Although he believes Thai may have saved his life, Cousineau hasn’t been content to



Retired air force navigator Capt. Medric Cousineau and his wife, Jocelyn, with Thai the service dog, who joined the family in 2012. Medric launched an awareness and fundraising campaign in 2013 that has helped pair several Canadian veterans living with post-traumatic stress disorder with service dogs. Jocelyn was recently named a Wal-Mart Associate Mom of the Year, and received a \$10,000 donation to the cause as a reward. JEFF HARPER/METRO

Cost of a four-legged helper

\$2.5-10K

The potential cost of a PTSD-trained service dog.

just bask in that success. In 2013, he took on the cause of spreading awareness about service dogs and raising funds for other Canadian veterans living with PTSD to get a Thai of their own.

You see, Veterans Affairs doesn’t cover the cost of service dogs, putting them out of reach for many veterans. It’s a troubling policy, particularly given news of at least four vet-

erans taking their own lives in early December.

So last summer, barely a year after his own remarkable transformation began, Cousineau set out on yet another long journey. He walked from Halifax to Ottawa — Thai padding faithfully at his side — to let people know about the benefits of these incredible fuzzy-faced helpers. Along the way, his organization Paws Fur Thought raised enough funds to pair several dogs with veterans.

“We have one guy who used to walk with a walker... now he’s walking unassisted with his dog,” he said. “There’s a lady veteran who... now has a lady Great Dane. They go into public and she feels confident. She’s regaining her life.”

I’m infinitely inspired by this man. He’s overcome demons I don’t understand in order to take on the new and potentially even more difficult battle of changing government policy; and in the meantime, his work is achieving tangible, life-altering results for his brothers and sisters in arms.

“This message of hope is so important. When you have none...and despair takes over, we’ve seen what happens,” he said.

The federal government is currently reviewing the research on service dogs and PTSD, a step that was announced the day after Cousineau met with Veterans Affairs Minister Julian Fantino.

But what’s more telling to me is the public response

to Cousineau’s campaign: his 11-year-old neighbour collected donations for her birthday instead of presents; the managers of several local businesses routinely collect donations for him; and Wal-Mart Canada honoured his wife as an Associate Mom of the Year with a \$10,000 donation.

While lawmakers continue to deliberate in 2014, Cousineau said he, his team, and his growing army of supporters will continue to work to pair more veterans with service dogs.

“There’s a group of people who now have service dogs because of what we’ve done,” he told me. “Somebody asked me what I want for Christmas, and I said I’ve already got it. In spades.”

Readers' online picks

You let us know which online stories affected you.

PROUDEST:
Rush lands in Halifax, rocks out to full house at Metro Centre, in pictures

In pictures:
Hope Blooms cashes in with \$40K investment from Dragons’ Den

FROTHIEST:
Calgary businessman returns Saint Mary’s degrees over rape chant

Chartered financial analyst flew to Halifax in September to return his Bachelor of Arts and Bachelor of Commerce degrees to protest frosh week song on video.

So not Kool anymore: Radio station turns to modern sound

The unusually modern sounds of Matt Mays, Imagine Dragons and Adele greet listeners used to classic 1970s and 80s tunes, as Kool becomes the new Radio 96.5.

Paws Fur Thought

“Service dogs are so unobtrusive, it’s not like we’re going to turn the world into the world’s largest dog kennel — although maybe that wouldn’t be such a bad idea given the stress of modern society.”

Retired Capt. Medric Cousineau, Paws Fur Thought



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Readers' online picks

You told us which online stories affected you most. This one made you 'proudest.'



In pictures: Hope Blooms cashes in with \$40,000 investment from Dragons' Den

It's official — Halifax's north end is home to a group of dragon tamers. Over 250 people packed into the common room of the Halifax North Memorial Library to watch the kids of Hope Blooms make their pitch on the CBC's Dragons' Den, where they asked for \$10,000 to expand their salad-dressing business for five per cent royalties. But after hearing the pitch, four of the five business moguls decided to offer \$10,000 each without any royalties and agreed to spread their story, a couple with tears in their eyes.

"I felt like I was going to cry out of happiness," said Christiana Hubley, 14, who appeared on the show. "We knew we couldn't mess it up because it was a once-in-a-lifetime opportunity, so we just had to do what we did."

While the Dragons got an on-screen group hug, the library erupted into cheers and clapping as the rows of supporters rose to their feet in a standing ovation.

HALEY RYAN/METRO

He shoots, he catches kiss

JEFF
HARPER
Photographer

Photographer's cup coverage runneth over

In most cup-clinching situations, emotions run high. In this case, the Halifax Mooseheads were playing the Baie-Comeau Drakkar on home ice with a chance to win the President Cup before a capacity crowd at the Metro Centre.

Moose lock lips

When you shoot a game like this, goal celebrations become even more important. The Moose scored first in the opening period and I was ready to capture the celebration. It was only after reviewed the images on my camera that I realized teammates Jonathan Drouin and Stefan Fournier were sharing a celebratory kiss. Definitely something you don't see in hockey every day.



Jonathan Drouin, second from left, and Stefan Fournier share a kiss during the final game of the President Cup finals against the Baie-Comeau Drakkar. JEFF HARPER/METRO

Social media sensation

The photo was posted as the main image with our Metro Halifax online story of the Herd's win that night and it was shared by thousands on social media. To my surprise, I

saw screen-captures of the image on Instagram and Tumblr that night. Yahoo Sports also purchased the photo to share on an international stage.

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National

Rob Ford, Senate scandal, Toilet Squirrel: 2013 was a big year. Here are the stories that called us to action, made us laugh or impacted our lives in other ways.

Metro story helps mentally ill man secure himself a new home



KATE WEBB
kate.webb@metronews.ca

'100 times better'

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

The walkway up to his new trailer sparkles with red and blue Christmas lights, and on clear nights moonlight spills through tall pine trees onto the quiet campground where he has lived for nearly two months now.

The 54-year-old is still getting used to his new surroundings after moving out of a dilapidated trailer at the run-down Beladean Trailer Park in Surrey, B.C., which lost power in September due to an improperly supervised motel demolition.

"I'm 100 times better. I feel better, I sleep better," says Chalmers, who suffers from multiple mental illnesses and lives on a meagre disability income.

New digs, old issues

After Metro ran stories on the outage, and the fact that he couldn't find a new park willing to take his old, leaky trailer, an online campaign raised enough money to buy him a newer, 1999



JENNIFER GAUTHIER/METRO IN VANCOUVER

fifth-wheel.

But the complex problems of a man who has overcome crack addiction and alcoholism and still struggles daily with depression and post-traumatic stress disorder cannot be neatly resolved with four walls of aluminum and vinyl. Some days he feels up, some days he feels down, he says. The weather, getting used to his new neighbours, and the stress of living low-income — all of these have an effect on his moods.

Moving on up



Stephen Chalmers, who says he is proud that by sharing his story publicly, he has become someone people approach for advice about how to seek help.

"I feel more positive about myself. I'm more sure of myself. I feel more personable towards myself.... I think of myself as someone who actually deserves to be respected, which — that's kind of foreign territory to me."

Toilet Squirrel. 'Peg newsroom goes nuts over soggy rodent



BERNICE PONTANILLA
Metro in Winnipeg

It was the summer story that had Winnipeggers — and likely others all over North America — looking warily at their toilets.

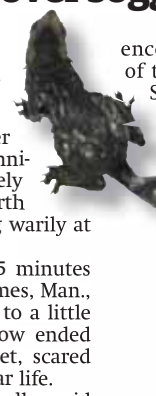
And it led to 15 minutes of fame for a St. James, Man., woman, all thanks to a little critter that somehow ended up in her toilet wet, scared and clinging for dear life.

Angela Campbell said it was her love of making people laugh that spurred her to contact Metro Winnipeg only hours after her

encounter with and rescue of the now infamous Toilet Squirrel.

"Out of all of the toilets it could have climbed out of, I'm glad it was mine and that I could help it," said Campbell in a December interview with Metro.

Once Metro Winnipeg broke the story online, Campbell was inundated with requests for interviews from local, national and international media outlets.



Metro's choice

Starman blows our minds



HENRIETTA WALMARK
Metro copy editor

Commander's log — stardate: 04-12-2013: "Here am I floating in my tin can/A last glimpse of the world/Planet Earth is blue and there's nothing left to do."

Few events in 2013 eclipsed Chris Hadfield's cover of David Bowie's Space Oddity. The video of the astronaut floating in his "tin can" as he sang his farewell to life aboard the International



Space Station capped an extraordinary mission of firsts. As the ISS orbited Earth, he

tweeted stunning photos of the planet, chatted with William Shatner, shared videos of science experiments, and performed an interspace duet.

Hadfield was having the time of his life, and took us along for the ride. But what's really cool is what's been left trailing in the stardust. Hadfield allowed me and millions of others to experience the universe as never before, sparking our imagination and reigniting interest in the final frontier as a space worth exploring.

Getting Dropped Off at the Airport?



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FORMERLY MACPHEE CHEVROLET

An overseas jaunt with Korea vets



Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae in April as dozens greet Korean War vets at Busan train station. JOE LOFARO/METRO



It had ended like any other workday. I was walking to my car after finishing a shift at Metro in Ottawa, except this day a man stopped me on the sidewalk. It was the press secretary to then veterans affairs minister Steven Blaney.

We exchanged friendly hellos, and then he asked me out of the blue, "Hey, does Metro send reporters on government-sponsored trips?"

Good question, I thought. When asked why, he asked if I was interested in going to South Korea to report on a delegation of 36 Korean War veterans from Canada who were going back to mark

Quoted

"I lost some really good friends."

Korean war veteran Joel Beaman told Metro's Joe Lofaro in South Korea.

the 60th anniversary of the armistice.

Well, fast-forward two weeks later, and I was on a

plane headed to Asia just as North Korea was threatening to obliterate the South for the umpteenth time.

But that posturing didn't concern veterans like Frank Bayne one bit. After all, he'd have to be pretty lion-hearted to enlist in the war in 1953 in his early 20s. I left South Korea with a deep appreciation for veterans.

NOTICE CHRISTMAS and NEW YEAR'S Collection & Processing Services Garbage/Organics/Recyclables

Christmas Day

Residents of Halifax Regional Municipality are advised that there will be no municipal garbage, organics or recyclables collection services on Christmas Day (Wednesday, December 25, 2013). Collection services for that day will be provided on **Saturday, December 28, 2013.**

New Year's Day

There will be no municipal garbage, organics or recyclables collection services on New Year's Day (Wednesday, January 1, 2014). Collection services for that day will be provided on **Saturday, January 4, 2014.**

No Collection Christmas Day

Wednesday, December 25, 2013



Collection will occur

Saturday, December 28, 2013

No Collection New Year's Day

Wednesday, January 1, 2014



Collection will occur

Saturday, January 4, 2014

Otter Lake Facility Closed

Christmas Day, Wednesday, December 25
Sunday, December 29, 2013



Otter Lake Facility Open

December 24 & 31 - 7:00 am to 6:00 pm
December 26 & January 2 - 7:00 am to 7:00 pm

HRM Recycling Plant Closed

Christmas Day, Wednesday, December 25
New Year's Day, Wednesday, January 1



HRM Recycling Plant Open

December 24 & December 26 - 7:30 am to 6:00 pm
December 31 & January 2 - 7:30 am to 6:00 pm

Collection services can begin as early as 7:00 a.m. To ensure collection, residents may place materials curbside the evening prior to collection day. The HRM's residential Household Hazardous Waste (HHW) Depot will be closed **Saturday, December 28** and **Saturday, January 4**, but will be open on **Saturday, December 21, 2013** and **Saturday, January 11, 2014** from 9 a.m. to 4 p.m.

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- Non-paper gift wrap and foil wrap; place in your garbage bag
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- Boxboard (shoe and cereal type boxes): place in your green cart
- Recycling/re-use tips: save gift wrap, bows, ribbons, cards, etc....for use next year; give old toys and clothing to a charitable organization

Thank you and have a safe and happy holiday season. For more information on HRM's composting and recycling programs, check your collection schedule on our website at www.halifax.ca/recycle, and visit [facebook.com/HalifaxRecycles](https://www.facebook.com/HalifaxRecycles).



City's roads became rivers



ROBSON
FLETCHER
Metro Calgary reporter

Standing at a downtown street corner, thigh-deep in brown water, I snapped one of my favourite photos of the Calgary flood. A man was trudging through the road-turned-river, with the flood-ravaged Saddledome in the background behind him. The image, to me, summed up just how far Calgary's rivers had encroached into the heart of the city. Then I realized I had better get the heck out of there.

Empathy

Bosma murder not just 'a story'



STEPHEN BALDWIN
Metro copy editor

The disappearance and murder of Tim Bosma was for me a reminder that we're all susceptible to becoming front-page stories. The 32-year-old Ancaster, Ont., man vanished after taking two men for a test drive in a truck he was selling.

The news that typically makes it to Metro's pages can often be devastating enough to elicit our sympathy, but rarely our empathy. As hard as we try, it's not easy to imagine ourselves in war-torn

or hurricane-ravaged cities.

Anyone who has had to trust a stranger can relate to Bosma's situation. And the words of his wife, Sharlene Bosma, made the story even more real for me.

"Yesterday was the most horrifying day of my life and people tell me I have been so strong, and all I know is that I have a beautiful two-year-old girl at home who now needs her mommy more than ever and needs her mommy to hold it together, so I know that I cannot fall apart."

This was a heartbreaking loss for a young family, and my hope is that it forces people not to fear or distrust, but to view these stories not just as stories, but as personal experiences.

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Regina Humane Society

Fluff piece got me a kitten



MARCO VIGLIOTTI
Metro Regina reporter

The first time I stepped through the doors of the Regina Humane Society last July, my heart dropped as I heard the sheepish meows of the newborn kittens.

Unfortunately, the RHS was then swarming with around 85 furry felines and turning to the public for help. In the journalism world, a story about the local animal shelter being overrun with cats would be termed a (literal) "fluff story."

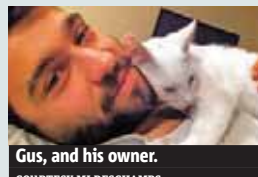
But there's no question it had an undeniable impact on me. After leaving that night, I pondered whether my girlfriend and I could handle a furry addition to our brood.

We were complete new-

comers, looking to adjust to an entirely new city. Was it fair to bring an animal into the mix?

Then, we met Gus. Draped in white fur and boasting a pair of huge pink ears, Gus was so feminine-looking that RHS staff originally thought he was a girl. He instantly curled up in my girlfriend's arms as she picked him up. Then he batted at her dangling silver earrings.

As I picked him up, he



Gus, and his owner.
COURTESY MJ DESCHAMPS

stopped squirming and nestled into my chest.

There was no doubt that he had just made our choice for us. We were his humans.

Readers' online selections

Here's what our Metropolitan Panel picked as the top online national news stories of the year

UFO sightings double in Canada

Ufology Research issued its Canadian UFO survey in May and the stats revealed reported sightings doubled in 2012.

"Polls have shown that one in 10 Canadians believe they have seen a UFO. That's three to four million people with UFO experiences," said Chris Rutkowski of Ufology. **TORSTAR NEWS SERVICE**



New rules for Canuck drivers

In early 2012, this came in from the department of red tape: Canadians were required by law to have an international driving permit when driving in Florida. The new law applied to any non-resident, but has since been unanimously repealed. **TORSTAR NEWS SERVICE**



T.O. man's call for stem-cell donations

In July, Chris Taylor of Toronto called on healthy 17- to 35-year-olds to become stem-cell donors. "I need one, it turns out, to save my life," he told Metro. "More importantly, it's for everyone who needs one." OneMatch is a program run by Canadian Blood Services which matches potential stem-cell donors to unrelated patients. **METRO**



Bullying video goes viral

Shane Koyczan hit a nerve in the public psyche in February with his video on bullying. In two days, more than 1 million people watched the seven-minute video. The poem, with a tumbling series of animated sketches, chronicles the name-calling and humiliation Koyczan endured. It opens: "When I was a kid, I used to think that pork chops and karate chops were the same thing." **TORSTAR NEWS SERVICE**



Readers' + Metro's choice

Teen-trafficking case lacked outrage



JESSICA SMITH CROSS
Metro in Toronto

Three girls ran away from a group home last year, lured away by a prostitution ring and put to work in Toronto.

The girls were in the care of province when they were trafficked. When the story broke, strangely, there was no public outrage.

I called up critics of both opposition parties and neither knew much. The Ministry of Child and Youth Services simply said after the criminal trial that safety would be "enhanced." I talked to Bridget Perrier, who was prostituted from her group home at age 12. Now, she is calling on the provincial government to acquire "a deep understanding" of how the sex trade involves girls in the child welfare system. I agree.

I'd also like to see hear some promises about how it will never happen again.

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* Selection by store may vary. Some exceptions may apply. Some items not exactly as illustrated.

Reporter's bottle-cap story goes viral

Business blunder.

Vitamin Water bottle cap reading 'You Retard' is among this year's top corporate gaffes

CANDICE WARD
Reporter in Edmonton

While Blake Loates — who discovered the now-infamous "You Retard" bottle cap on the top of a bottle of Vitamin Water (a Coca-Cola product) back in September in Edmonton — has been satisfied with the outcome of the ordeal and has moved on, the story still seems to be making headlines as one of the worst Canadian business blunders of 2013.

As a journalist, it was exciting to see a story I help to uncover go viral and facilitate positive change within a major corporation, but it was also difficult to watch the toll the story was taking on the family.

Like Loates, I was unprepared for the story to go international so quickly, with major news outlets from around the world picking it up.

When stories like this one become viral, people tend to take to the web with their opinions — some supportive and others not so supportive.

Loates was never out for media attention (as I had approached her for the story), 15 minutes of fame or financial gain. She merely sought awareness to the pain the world could cause.



The famous Vitamin Water bottle cap. CANDICE WARD/FOR METRO IN EDMONTON

Sheer madness.

Lululemon is stretching its customers' patience



MELISSA DUNNE
Copy editor

Bent over, hands touching toes, I swivelled to get a good look in the changing-room mirror.

This is not the kind of bending and stretching I usually do in my \$98 Lululemon pants.

The Luxtreme tights (not part of the recall last March) were almost as thin as pantyhose, my underwear clearly visible.

The clothing behemoth had cattily suggested the sheer-ness was caused by women squeezing their fat butts into too-small pants. So I went up a size, then another size. The bottoms were now loose and baggy ... and still see-through.

I told a store "educator" about this, only to be snottily informed that "It's the nature of the fabric."

It seems it's in the nature of the athletic-clothing empire to stretch its customers' patience. From the top on down, the response to the sheer-pants recall has been sheer madness.

Acting like a snobby, reed-thin, peroxide-blond yogi has been a core part of Lululemon's practice for too long.

It's time for the new leadership to be the one twisting and bending for its devoted customer base. If not, this Lulu addict will have to find a store that accepts a woman with (gasp) thighs that sometimes rub together.



An instructor, centre, conducts a yoga class while dressed in Lululemon clothes. JOE RAEDLE/GETTY IMAGES FILE

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Digital

Metro's digital team takes a look back at 2013 and shares some of their most memorable stories

The lighter side of the law. A dash of humour helps humanize VicPD



LUKE
SIMCOE
Digital reporter

On the Metro digital desk, we're well aware that funny stories are more likely to be shared by our online readers; it's an insight we share with the Victoria Police Department.

Last year, when a naive Reddit user posted about buying marijuana at the University of Victoria, VicPD Const. Mike Russell was there.

Using the "VicPDCanada" handle, Russell announced himself with a simple "cough," reminding users that the long arm of the law extends online.

Since then, he and his partner Bowen Osoko have been working to build the force's social media cred.

And despite the serious nature of police work, the pair hasn't shied away from the absurdist humour endemic to Internet culture.

When cops busted drug

Cats with hats

"Being silly sometimes helps humanize our officers and make them more approachable. It's also just a lot of fun."

Bowen Osoko, Victoria Police Department



The Victoria Police Department has spammed Twitter followers with pictures of cats wearing hats, among other humorous tactics.
COURTESY VICPD

dealers hiding cocaine in fake "Durasell" batteries in January, Russell penned a hilarious press release and offered tips to others looking to secure their stash.

"Don't forget to label it 'not drugs' so we don't inadvertently look inside," he said.

When handed the reins of the force's Twitter account in March, Osoko opted to spam followers with pictures of cats wearing hats.

"Being silly sometimes helps humanize our officers and make them more approachable. It's also just a lot of fun."

Which animal is top dog?



COLIN
MCNEIL
Web editor

Animals. They're cute, they're cuddly, and they have a furry iron grip on the Internet. From the continuing antics of the Ikea monkey to the Toronto Zoo's pandas, it's been quite a year for Canadian fauna, but which four-legged friend is top dog at metronews.ca? The answer may give you paws for thought. There have been 539 stories on metronews.ca tagged "animals" in 2013. Here are the top 5 animals (by number of stories).



Top stories by views

1 Photos: Regina squirrels tangled by sticky situation

2 Warning: Graphic new images surface of GuZoo animal farm

3 Video: Elephant seal inhales meal in blink of an eye

4 Hoarding case sees more than 50 cats removed from Halifax apartment

5 Audio: Dog shaved like lion prompts panicked 911 calls



Irene Kuan's "sparrow face" selfies. CONTRIBUTED

Glymm. There's more to being a beauty editor than sparrow-face selfies



IRENE
KUAN
Digital associate managing editor

Some readers have complained about my work as Metro's fashion and beauty blogger for Trends Report, labelling it sexist and shallow.

Granted, writing about "sparrow face selfies" and "bitchy resting face" doesn't suggest hard journalism, but the beauty industry is what it is.

In fact, if it hadn't been for an assignment reviewing beauty boxes, I would have

never stumbled upon this story: One reader claimed she had been scammed by a subscription beauty box service called Glymm. The company charged her for a yearly subscription and then sent an abrupt email about their closure. It shuttered its business, website, Facebook and Twitter accounts, while keeping customers' money.

As a blogger, I care about my readers and their feedback.

I tracked the founder of Glymm using LinkedIn and badgered his secretary for information over the phone. I also used my ties as a beauty blogger to get reaction from other beauty-box businesses. After all, there were tons of irked Glymm subscribers in an industry that is still working to establish itself.

The week of April 25 the Glymm story generated more than 10,000 website views and 20,000-plus views on my Storyfy. It even prompted a company, Nail Polish Canada, to link to my story and provide free gifts to customers bilked by Glymm.

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#omg! Readers all a-Twitter over TEMP

Canadian author Douglas Coupland, best-known for his groundbreaking novel *Generation X*, visited Metro's head office just before the launch of *TEMP*. The 20-part fiction series was published in Metro throughout November. Here's how Metro readers responded on Twitter:

@jason_michael: A sincere heartfelt Thank You to @DouglasCoupland for *TEMP*. I am a temp working for the government and your words continue to inspire!

@Teyemtenot: yet another reason why Metro is my favourite thing to read in the morning!

@hurricanadiana: thanks for keeping me entertained for 20 a.m. commutes. Funny, surprisingly thought-provoking and relevant.

@KaT4_2012: read *TEMP* every day! #youguysnailedit #precariousworkiseverywhere Douglas Coupland is brilliant

@morgancadenhead: The collaboration between @DouglasCoupland and @MetroNewsCanada is fascinating. A truly unique way to approach fiction.

@SuzanneMaryse: i am loving this! ... Coupland nails the post-modern condition once again

@ctmwyn: The best part about @DouglasCoupland #Temp is the high concentration of #CliffHangers #Serialization

METRO



Web editor Hannah Zitner chats with Douglas Coupland during the author's visit to Metro's head office in Toronto on Oct. 28. DAVID VAN DYKE/METRO

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International

From strange to serious — the world was a fascinating and sometimes heartbreaking place in 2013.

Duck to sparrow to eagle

Celebrating selfies

LACY
ATALICK
Metro Copy Editor

Two weeks after the Oxford Dictionary declared “selfie” to be the word of the year, an Australian eagle with a flair for the topical put the icing on the proverbial cake by stealing a video camera, recording its 110-kilometre journey and, oh yeah, snapping a selfie along the way.

Bloggers have borne witness to the form’s avant garde (hint: the duck face, the sparrow and the “squinch”). But as far as I’m concerned, the eagle’s is so far the best, most transcendent, least filtered selfie. Its beak seems to poke the camera’s lens, to somehow pierce the scrim between parody and coincidence, and I can’t help but laugh at what we’ve become.

‘The People’s Pope.’ Will Francis be a paragon of progressive papacy?

MIKE
PALMA
Metro Copy Editor

Since not long after Pope Benedict XVI became the first Holy Father in centuries to quit his job, his successor, Francis, has captured headlines and hearts with his progressive approach to the papacy. I grew up Catholic, and his humility, his focus on the poor and his expressed tolerance of gays and non-believers has landed him in my good books as well.

But is Francis really a progressive symbol of an evolving Church? Time hailed him as “The People’s Pope” in its Person of the Year cover story, and suggested he’s “poised to transform” the Vatican. He’s unquestionably been great PR compared to the previous pope, who struck me as harsher and more conservative than John Paul II before him. But how



Pope Francis. FRANCO ORIGLIA/GETTY IMAGES FILE

much power does Francis actually have to change things for good?

Even if Francis makes the poor and downtrodden the focus of his entire papal career, his church remains

strictly against homosexuality, divorce, contraception and abortion. Unless he’s willing and able to change the official rules, I’m not sure I’ll continue to find him so delightful.



Royally inundated

CAROL
CHUNG
Metro Copy Editor

The arrival of Prince George of Cambridge was the most anticipated birth in the history of modern media. At least, that’s the assumption you

could make when looking back at the relentless press coverage of the royal pregnancy. Some readers were likely sick of hearing about Will and Kate’s spawn long before he popped out of the womb, but that heady mix of wealth, privilege and youth is catnip for the masses, journalists included. If there’s one thing we can take away from the baby bombardment it’s that the British monarchy is in no danger of being dethroned, not with the press at its side.

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Egypt

'An uncertain reality'

DEENA DOUARA
Metro copy editor

Calls to relatives in Egypt are reminders that while the deteriorating state of affairs — of people's spirits and dreams and savings — is frustrating to behold from here, it's an uncertain reality, a nightmare, over there.

I was there this summer, in the leadup to the anniversary of then-president Mohamed Morsi's inauguration. I tried to understand the arguments: Egyptians must protest; Egyptians must stay home and give him a fair chance.

I tried to capture that atmosphere for Metro, on TV and for Huffington Post, all garnering strong reactions. As protests

intensified, so did people's rhetoric. A prevalent "You're with us or with the terrorists" approach took root, serving to justify military crackdowns and delegitimize nuanced opinions that didn't conform neatly to "pro-military" or "pro-Muslim Brotherhood."

The 2011 revolution was one of the most dramatic scenes Egyptians witnessed in at least three decades. There was uncertainty and disagreement and plenty of anger. But I believe it is 2013 that really changed Egyptians. Mistrust, contempt, revenge, hatred — these sentiments are relatively new, and they are frightening.

As repression, imprisonment and censorship have seemingly increased alongside an ever-declining economy, Egyptians now must too fear their neighbors.

And divided, they say, is how they fall.



An Egyptian woman reacts in Tahrir Square the day after former Egyptian President Mohammed Morsi, the country's first democratically elected president, was ousted from power on July 4 in Cairo.

ED GILES/GETTY IMAGES FILE

Manning.
The truth at what cost?KEVIN HAMILTON
Metro copy editor

Chelsea Manning is a name too quickly forgotten. This summer, the disgraced soldier was convicted of espionage for transferring classified U.S. military files to WikiLeaks. He received a 35-year sentence.

The attention paid to Manning does little justice to the immensity of her actions. The biggest leak in U.S. history fuelled allegations of corrupt tactics, moral bankruptcy and outright war crimes. But the world instead fixated on WikiLeaks founder Julian Assange and has now moved on to NSA leaker Edward Snowden. Manning was further marginalized during her trial as her mental stability was called into question. And, of course, her announcement that she would live as a woman caused no end of distraction.

All of this overshadowed what I think should be the true focus of the affair: ethics. Was Manning justified in breaking the law, potentially harming U.S. interests and possibly putting lives at risk in order to expose the truth? What acts are acceptable in the name of security? And how can a government remain accountable to its people while keeping its activities secret?



Chelsea Manning

Keeping an eye on Syria

ALI ZAFAR
Metro copy editor

Nearly three years on, the Arab Spring has morphed into a disgruntled winter in Syria. While several Arab nations have toppled their dictators, Syria continues to be stuck between rebel strongholds and leader Bashar al-Assad.

Bearing the wrath of this power struggle are the citizens of the country. Around two million of them have been displaced, and Amnesty International estimates that more than 100,000 people have been killed since the conflict started in March 2011.

I've seen atrocities committed both in the name of religion and by iron-fist rulers

while living in the Middle East and South Asia, which is why the plight of Syrians is something I can relate to. Being considered a religious minority in Pakistan, I can empathize with the woes of religious minorities in Syria who are worried about their country under the control of Islamist rebels. It's why I'll keep a close eye on stories coming out of Syria in 2014.

Steubenville

Victim blaming

JILLIAN BELL
Metro copy editor

For many rape victims, the rape itself is just the beginning of their nightmare. They are shamed and doubted. Their every action is questioned: What was she thinking

wearing that skirt? Or drinking that much alcohol? This year, we saw the world rally around a rape victim in the Steubenville case. This was a refreshing, but an all too rare occurrence. If only every case of sexual assault generated such an uproar, perhaps more women would have the courage to report being raped, and more rapists would be held accountable.

Readers' online selections

Nothing hard-hitting here: Metro online readers gravitated towards the matrimonial woes of a Facebook couple, men faking labour and a shelter dog sought for his anthropomorphic attributes as their favourite international stories of 2013, as picked through our Metropolitan Panel



Dutch men undergo simulated labour pains

This video of two Dutch men who decided to find out how difficult childbirth is by hooking themselves up to a machine that simulates real-life labour pains was a huge hit with readers. **METRO**

Watch the video at metronews.ca.



Having same name apparently not the secret to a successful marriage

It took a simple Facebook message from one Kelly Hildebrandt to another Kelly Hildebrandt to get the wheels of love turning. But it seems the two are no longer are no longer Facebook friends. The young couple filed for divorce in July. "How do they term it at the courthouse? Irreconcilable differences, that is what I would say," the male Hildebrandt told a newstation. "We gave it our best shot." **TORSTAR NEWS SERVICE**



Man fired after wrestling sharks

A 62-year-old British man who became an Internet sensation after wrestling with a shark on an Australian beach said in March that he was fired after his employer discovered he'd been abroad while on sick leave. Paul Marshallsea was filmed yanking a six-foot-long shark away from waders at Caloundra beach in January. But his intervention also caught the eye of his employer. Marshallsea had been on leave since last April and said his doctor advised him to go on vacation. **THE ASSOCIATED PRESS**



MSN messenger goes the way of ICQ

Microsoft's venerable Messenger program was moved to the great big recycling bin in the sky this year. Users had until March 15 to migrate their accounts over to Skype, which the software company acquired in 2011. At its peak, Messenger boasted 300 million users in more than 60 countries. Microsoft will continue Messenger in China, due to the peculiar nature of the Chinese Market. **METRO**

Dog with human-like face gets hundreds of adoption offers

Tonik the dog became an international sensation when a photo of him was picked up by media around the globe. "His pictures have been up on the adoption site since September 2011," said Schwartz. "For some reason, someone decided this week that he looks like a human and it's been overwhelming since," said Jen Schwartz, the founder and owner of the Homeward Bound Animal Shelter, at the time of the buzz. **TORSTAR NEWS SERVICE**



BOXING WEEK BLOW OUT

O'REGAN'S DARTMOUTH HYUNDAI

metronews.ca
December 27, 2013

YEAR IN REVIEW

25

Voices

This is rare. Three Metro columnists are asked to write about their most memorable work this year. Turns out it can't be done without your feedback.

MY ONE LONG YEAR



JUST SAYIN'
Paul Sullivan
metronews.ca

est of times, right?

That makes for lots of material, such as:

Multi-billionaire Amazon's Jeff Bezos was in the news this year for buying the fabled Washington Post of Woodward and Bernstein fame for the equivalent of billionaire pocket lint: \$250 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's *The Card Players* — \$259 million.

(Big deal. I paid \$2.59 for *The Card Players* at the neighbourhood garage sale. I really love the look on the bulldog's face.)

Then there are those columns that are memorable for some really great bits, such as the one about the one-way expedition to Mars that was signing up potential colonists earlier this year:

"Therefore Mars One is looking for a special kind of person. Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well adjusted enough not to try to eat his or her fellow castaways."

What writing!

Of course, you can't write a column these days without having your own online anvil chorus, and I managed to hit a sour note writing about people who don't wear enough clothes on the beach. My protest went along aesthetic lines, not skin care, and the mob that formed outside my virtual door was not happy.

Here's just a taste: "Holy crap this is arguably the most ignorant thing I've ever read in my life."

You can't please all of the people all of the time, but if you try really hard, you can annoy all of the people all of the time.

Fortunately, I did manage to get an online standing O for a column I wrote about a movement to ban tipping that's just getting off the ground in New York and Chicago. One reader, named

Crystal, gave me some extraordinary positive feedback: "I don't usually write in to comment on articles of any sort, but after reading your brief article I had to say, very well written, entertaining, all the while thought-provoking. Excellent!"

Thanks, Crystal, I needed that. As you can tell, it's been a long year.

Reader writes

"After reading your brief article I had to say, very well written, entertaining, all the while thought-provoking." Crystal

Even though asking me to choose a favourite column is like asking me to proclaim a public preference for my goldfish over my hamster, I have dutifully reviewed *Just Sayin'* for the past year, and it turns out I have a lot to say, which might surprise a few people.

But I've managed to narrow it down.

Generally, I try to communicate my total bemusement with contemporary life. It's the best of times. It's the worst of times. It's the weird-

2013 is over and I'm left holding the (mail)bag



HE SAYS
John Mazerolle
readers@metronews.ca

I've been told to pick one favourite 2013 column and reminisce, but my columns are like my children and once they're out in the world I will deny they are mine.

Instead, let's open the mailbag. After a year of columnistic genius I feel it's important for readers to provide a fresh perspective on how wonderful I am. For instance, one fan recently sent me a Facebook message that said my

Mail moment

"Stupid yellow journalism at it's finest!!!" Online Fan



ISTOCK IMAGES

columns are "desperately TRYING to be funny. Alas, they just come off juvenile." To hear my work is desperately funny, yet childlike, is wonderful. I clicked on her page to thank her and learned she's graduated from "I didn't finish (2008)," which signals a level of brash independence and attention to detail I think we can all emulate. Under professional skills it said, "crack-smoking," which means she

will soon be a writer (if she's joking) or the mayor of a large city (if she's not).

Another reader let me know my column is "pure dribble." I briefly assumed it was an insult and he had misspelled 'drivel.' Then I realized it was a basketball-related compliment, and that he considers me the Michael Jordan of Metro columnists. Pure, unadulterated dribble. Swish.

Some other actual mail-

bag highlights: "Hypocrit much?" (More than you. I add an 'e.') "Do your research." (No.) "Stupid yellow journalism at it's finest!!!" (There are numerous problems here, but they are amply overcome by the use of three exclamation points. Bravo.) And that's the 2013 mailbag. See you next year, readers — older, but not wiser!!!

I swear, and I am a girl



SHE SAYS
Jessica Napier
@MetroSheSays

As 2013 comes to a close, it's fun to look back at some of the memorable columns I've written over the course of the year. Back in June, I wrote a piece about swearing in public. I described how my boyfriend and I had been reprimanded by an

From the inbox

"I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

Anonymous reader

overbearing parent at a neighbouring table after dropping a few expletives during a Sunday brunch.

I was hardly advocating for an uncivilized society full of foul-mouthed brutes, but the column definitely struck a nerve among our readers.

I received a few letters from

people who identified swearing in public as a generational problem. One gentleman wrote an email stating, "I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

I understand the importance of good manners, but I take offence to this notion that I should suppress

any behaviour that is deemed 'unlady-like' according to a 1950s standard.



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28

SCENE

metronews.ca
December 27, 2013

The good, the bad and the ugly

Year in review. The beginning of a new year, like the opening of a new film, holds so much promise... It's time for Metro to screen 2013's crop



**NED
EHRBAR**
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at the most disappointing films of the year.

Pacific Rim

Giant robots! Fighting giant sea monsters! Directed by Guillermo del Toro! This could've been so good, and obviously we thought it would be, but the results were just... not so much.

Only God Forgives

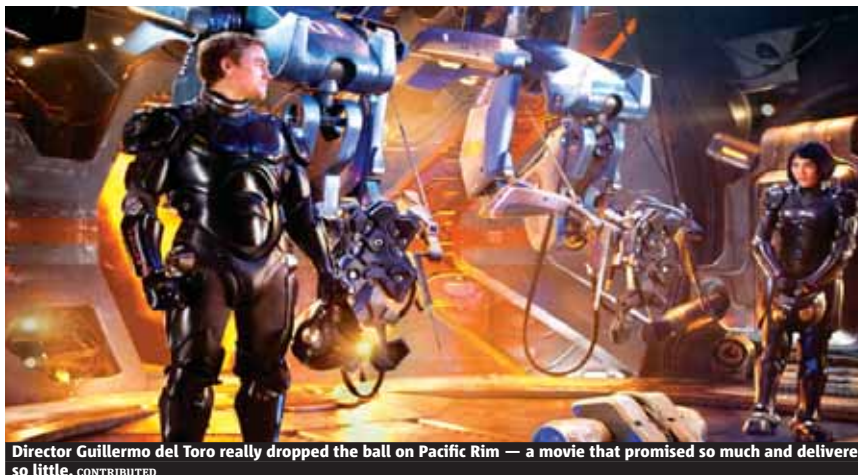
Maybe Nicholas Winding Refn was punishing people for liking his fantastic "Drive" too much, but this art-house meditation on masculinity, violence and retribution — we think? — was just a slog.

Star Trek Into Darkness

We might have been less disappointed in this long-awaited sequel if J.J. Abrams had just come out and said from the get-go that Benedict Cumberbatch was playing Khan. If only that were the only problem with it, though.

Jack the Giant Killer

Maybe it was foolish to expect Bryan Singer to do something cool and interesting with the old Jack and the Beanstalk fairy tale, but this one just fell flat.



Director Guillermo del Toro really dropped the ball on Pacific Rim — a movie that promised so much and delivered so little. CONTRIBUTED

Metro's picks

- 1 Gravity
- 2 Blue Jasmine
- 3 12 Years a Slave
- 4 Hunger Games
- 5 Dallas Buyers Club

Oldboy

Spike Lee's plodding, un-inspired remake of Park Chan-wook's 2003 cult classic at least makes a strong case for renting the original. Some things don't translate well, apparently.

Lovelace

A lot of foreplay that led to not very much of anything else, this exploration of the

Metro pick

American Hustle



**IN
FOCUS**
Richard Crouse
scene@metronews.ca

American Hustle's story of flim-flam men and women, the FBI and a real life sting known as Abscam has emerged as my favourite movie of 2013. It's an entertainingly audacious movie that will

woman behind Deep Throat held too much back.

The Fifth Estate

Maybe it was too soon to explore the rise and fall of WikiLeaks co-founder Julian Assange, but it seemed perfectly reasonable that

doubtless be compared to The Wolf of Wall Street because of the similarity in tone and themes, but this time around director David O. Russell has almost out-Scorsese'd Martin Scorsese. Add to that unexpected and compelling performances from the A-list ensemble cast — Christian Bale, Amy Adams, Jeremy Renner, Bradley Cooper and Jennifer Lawrence — and it adds up to the most fun I had at the movies this year.

Bill Condon and Benedict Cumberbatch were up to the task. Apparently not.

Anchorman 2

Following up an iconic comedy is tough, but we're still not sure what Adam McKay



We asked and you let us know that Gravity was your top movie pick for 2013. CONTRIBUTED

Reader's pick

What do you think? We recently polled Metro readers to see what film they considered to be the best of 2013. Gravity was the winner, hands down.

and Will Ferrell were thinking with most of the choices here. Lesson learned: A little bit of Steve Carell's Brick Tamland goes a long way. Also, the film's jokes about racism and sexism actually just play as racist and sexist. Maybe next time, guys?

Enough Said

James Gandolfini's last leading film role, Julia Louis-Dreyfus' return to movies, another chance for Nicole Holofcener to examine adult relationships? This one had so much going for it. Too bad the end result is flat, uninspired and far too pleased with itself.

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Metro's turn-up and tune-out in 2013

Metro's picks

Metro's picks for top five songs

1. Get Lucky, by Daft Punk
2. Reflektor and Afterlife, by Arcade Fire
3. Black Skinhead, by Kanye West
4. Royals, by Lorde
5. Thrift Shop, by Macklemore and Ryan Lewis



No lines blurred in this selection

As a shameless Jay Z super fan, I want to say 2013's top song was Holy Grail featuring Justin Timberlake. But even I can't deny this year belonged to Blurred Lines by Robin Thicke featuring Pharrell Williams and T.I. A simplistic hook and its blend of R&B and pop helped the infectious Blurred Lines hold top spot on charts around the world. It also created its share of controversy (think music video with prancing topless supermodels and Thicke preemptively suing Marvin Gaye's family). Love it or hate it, at some point (maybe in a drunken stupor if you're a certain mayor) you likely caught yourself singing, "OK, now he was close, tried to domesticate ya..." IZABELA SZYDLO, METRO

Metro picks

Song of the Year: Royals by Lorde



SOUND CHECK
Alan Cross
scene@metronews.ca

Talk about a song with universal appeal! What began as a track marketed to the alternative set has become the biggest cross-format hit in years.

This is largely due to what was left out of Royals. It would have been so easy (and tempting!) to mess up the song by over-producing it. Instead, there's an elegant simplicity to everything: an understated rhythm track and the barest hint of a bass line. Lorde's vocals do the rest. The song doesn't even contain a bridge. This is brilliant



Crossover appeal lands Lorde at the top of Alan Cross's list.
HANDOUT

songwriting, an excellent performance and perfect production, all wrapped in one great song.

We wish you joy and peace throughout the New Year

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HBO's Game belongs only on the Throne

TV. Whether you binge watched or faithfully tuned in, there were a number of great shows this year. Metro weighs in on what was tube-worthy in 2013

Alexandra Cavallo, our TV correspondent from south of the border, gives us her picks for the best shows on TV, however you may watch TV.

Game of Thrones

Game of Thrones had the best season ever. What other show has the balls to ruthlessly — and awe-

Metro's picks

1 Breaking Bad comes to an end

2 Toronto Mayor Rob Ford is lampooned on every major late night talk show and Saturday Night Live

3 The murder-filled Red Wedding episode of Game of Thrones shocks viewers not familiar with the book series.

4 Arrested Development returns to TV via Netflix

5 Netflix series House of Cards becomes the first web TV show to receive major Primetime Emmy Award nominations, and goes on to win in three categories.



The shocking Red Wedding episode of Game of Thrones made Metro's list of the best of 2013. HANDOUT

somely, creatively and bloodily — kill off multiple main characters like it ain't no thing? Game of Thrones reigns supreme. See what I did there?

House of Cards

Other than HBO (and FX and A&E and — well, damn, seems like television is killing it lately, huh?) Netflix is putting out some of the most exciting and game-changing programs. House of Cards — to put it

simply — is utterly captivating, and this comes from a person, who, I admit it, doesn't even vote. Politics is not my thing. But this show has it all: intrigue, sex, violence, scandal and Kevin Spacey. Enough said.

Project Runway

Here's my shout-out to reality TV. I love reality it. I watch it all. Housewives, teen moms, people who have sex with inanimate objects — I'll watch them

all, as long as it's "real." But Project Runway (technically a reality competition show, which makes it higher brow) is legitimately a quality show. The contestants are actually astoundingly talented, the challenges are fresh and exciting, and there's still enough cat fighting and drama to sate my appetite for lowbrow reality crap.

Girls

How did nobody else even

Finally, a healthy binge

You could say I'm always a little late to the party. Up until six months ago, I didn't have Netflix, I never watched TV online and I never thought I was missing out. That was until I was introduced to Breaking Bad. I now fully indulge in what is being called binge-tv watching. I have devoured entire series (Family Guy, The Boondocks, American Dad, Episodes, The Walking Dead, to name a few. Yes, a few), and have spent an unacceptable amount of time on my couch. And though I'm nostalgic for the days of looking forward to my favourite show every week, and being left hanging for an entire summer before mv shows return. I embrace this new way of

enjoying television even if I'm a little late.
MIRIAM OSBORNE/
METRO



mention this show? I don't care what anybody says, Lena Dunham is a genius and remarkably likeable despite airing her flaws — both emotional and physical — for the whole world to gawk at. Sure, the second season didn't quite meet the very high bar that the debut season set — it was a little too dark, and sometimes depressing — but as a 20-something girl myself (29 still counts) I can totally relate to almost everything that is said and done on this show. Don't judge me.

Nathan For You

Most people have probably never seen or even heard of this show. Get familiar, people, because Canadian comedian Nathan Fielder is one of the funniest dudes on the tube right now. This docu-reality comedy series basically features Fielder playing a deadpan, dead-eyed version of himself, using his "business background" to help out failing companies and individuals. Spoiler alert: He is not helpful.

Trust me, you've got to watch it.

ALEXANDRA CAVALLO/MWN

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What writers were reading this year

Publishing. Authors Teresa Rhyne and Emily Giffin share their top book picks of 2013

EMILY
LAURENCE
Metro World News

It's hard for a first-time

author to surpass the bold-faced names typically seen on the New York Times best-seller lists, but that's exactly what Teresa Rhyne did with her book *The Dog Lived (And So Will I)*. Her memoir about adopting a dog with cancer inspired millions. So, what books impacted Rhyne in 2013? She shares her top non-fiction picks below.

1. Pukka's Promise: The Quest For Longer-Lived Dogs, by Ted Kerasote
I'm a lifetime dog-lover and yet this book made me rethink how I live with my dogs and what more I can do for their health and welfare, and that was no easy task. Plus, Ted can spin a great tale (tail?) and that's not easy, either.

2. The Imperfect Environmentalist, by Sara Gilbert
This is a practical guide to clearing your body, detoxing your home and saving the Earth — without losing your mind — by actress Sara Gilbert. I've had two dogs fight cancer and I'm a cancer survivor myself, so this year I was all about detoxing our environment.

This book became my go-to reference, particularly because of her *Cut to the Chase* Hippie: What's the Least I Need to Know advice section on every topic — perfect.

3. Devoted: 38 Extraordinary Tales of Love, Loyalty, and Life With Dogs, by Rebecca Ascher-Walsh
I'm a sucker for a beautiful dog book, and this one comes with touching stories about the many ways dogs are better than we are.

4. Let's Explore Diabetes With Owls, by David Sedaris
Because David Sedaris. Enough said.

5. Lean In, by Sheryl Sandberg
Lean In is thought-provoking, fascinating and depressing. (What have I done with my life?!) It's about as highbrow as I went in 2013.

International best-selling author Emily Giffin knows a thing or two about what makes a good page-turner. Her first book, *Something Borrowed*, was made into a movie starring Kate Hudson and Ginnifer Goodwin, and her subsequent five novels have been lauded both here and abroad. Giffin, whose seventh novel, *The One and Only*, comes out in May 2014, shares her favourite fiction books of the year with us.

1. The Silent Wife, by A.S.A. Harrison
This is a gripping, intelligent thriller about a marriage on the verge of collapse and a woman at her breaking point. It's gorgeously written and impossible to put down. A sad footnote: The author passed away just before the book's publication.

2. Sisterland, by Curtis Sittenfeld
Sisterland is a moving and complex emotional study of twin sisters born with mild ESP. Curtis Sittenfeld is one of my favorite authors. As a mother of identical twins, I found this story especially fascinating.

3. The Ocean At The End Of The Lane, by Neil Gaiman
This story is a beautiful but bewitching fairy tale of magic and memory. The novel is very unlike my usual reads, but my sister convinced me to give it a chance. She was right — it's hauntingly delicious.

4. The Yonahlossee Riding Camp For Girls by Anton DiScalafani
I have always been drawn to coming-of-age stories, and this novel is a true gem among them. Set during the Depression at an equestrian boarding school, DiScalafani's debut is that rare combination of understated elegance and explosive drama.



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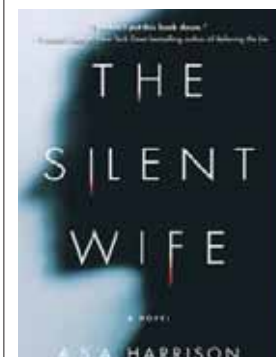
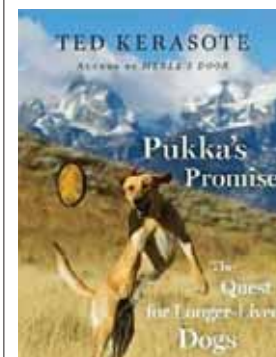
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The 2013 cyber heights of cyberspace

Metro's picks

1 Chris Hadfield's out-of-this-world version of Space Oddity inspired many. Kris Abel walks you through his blast off into the collective consciousness.

2 Norwegian comedy group Ylves' video for What Does the Fox Say? was YouTube's top video of the year, and has even spawned an illustrated book.

3 Amanda Byne's 2013 tweets left many of us scratching out heads — and just shocked.



4 Felix Baumgartner's freefall from the edge of space.

5 Patrick Stewart's tweets left an impression on anyone within a half mile of Twitter this year. Read what we have to say about them on this page.

A Canadian star was born



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Chris Hadfield won the Internet this year with a viral hit that was anything but accidental. He evoked the beauty of our world by sharing how difficult it was to leave its orbital view. These are complex emotions that he somehow captured with an iPad recording of himself singing David Bowie's Space Oddity.

His Space Station video lessons and tweeted photos revealed a master communicator who understands the web better than anyone. Through him we have an extraordinary connection to space exploration, but also an example of how a cynical web culture can embrace values that are sophisticated and sincere.



Patrick Stewart, here with Ian McKellen, showed us a side of him we'd never seen before. HANDOUT

Another kind of fame

Getting high off Patrick's personality

Making memes from Patrick Stewart's many starring movie roles is nothing new for those who lurk the intertubes. But when his fiancé posted a video of an allegedly stoned Stewart giving her acting lessons on the art of the quadruple take, the Internet's collective head caught a contact high. The powerful hit lasted throughout the year as Reddit and its kind obsessed over all things Stewart. From the serious (Stewart speaking about his own experiences with domestic violence) to the silly (him climbing into a bathtub dressed as a lobster), the former captain of the Star Trek Enterprise was sailing nothing but the good ship Awesome in 2013. **METRO**

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Top headlines of Hollywood's 2013

They did what? It was a shock-and-awe year in celeb gossip, and Metro's editors never hesitated to chime in on the tabloid chatter

Pop culture gets a bad rap, according to Metro's gossip editor, Dorothy Robinson. Sure, it's lowbrow (especially when Miley Cyrus decides to take her clothes off with no deference to taste or talent) and it births fame-hungry monsters (Kimye, you are a creation even Walter Winchell couldn't dream up). Yet, the hijinks and disasters of people who fly so very high take us away from the humdrum of everyday life.

Keeping up with Miley is a nice distraction from the fact that the cable bill is due. Watching Beyonce at the Super Bowl is a reminder of what is humanly possible if you have drive, talent and a whole lot of luck. And witnessing the untimely deaths of two stars reminds us that even our little lives are ones worth living. In fact, maybe we're the lucky ones, blessed to be outside looking in



Love them or hate them, it was hard to get off the blinged-out, baby-making bus that was Kimye this year.

GETTY IMAGES

— instead of the other way around.

Here is what some of our editors had to say about the year in gossip:

"I didn't put the Royal Baby on my list because I thought that fell under news. Come on: Kate Middleton should

NEVER be on the same list as Miley or Kim Kardashian. And although Avril Lavigne marrying Chad Kroeger wasn't earth-shaking, it was so delightfully weird that I thought it deserved a men-

tion." **DOROTHY ROBINSON**

"I, for one, definitely had Beyonce winning the Super Bowl on my list. Nothing can stop her, not even a black-out. I don't even remember who actually played. All I remember is the Destiny's Child reunion and Beyonce's black lace body suit. She wins."

EMILY LAURENCE

"I can't find any evidence supporting the theory that Kanye has a sense of humor; I fear he is gravely serious. We mere mortals just do not understand him."

T. MICHELLE MURPHY

I guess unlike other calculated 'Look at me! I'm no longer a Disney pop princess! I'm now a woman!' coming-out moments (see: Britney in

Amanda on our minds

Reading between the Bynes

While it seems 2013 was the year of the squeaky-clean-songstress-turned-train-wreck-tabloid-queen, there was arguably no one who was featured as consistently on Metro's Dish page as former WB sweetheart Amanda Bynes.

Multiple brushes with the law, airborne bong, drive-way fires, neon wigs and one trainwreck of a Twitter feed meant that Bynes all too often became our feature focus.

Having recently received treatment for mental illness, we hope 2014 brings Amanda some peace, health and much-needed time away from the tabloids.

LIZ BEDDALL/METRO



Amanda Bynes GETTY IMAGES

the red pleather body suit; Christina's suggestive Genie in a Bottle), Miley's coming out seems raw and unpolished. She's going more for

shock value than sex appeal. Which, honestly, is slightly refreshing. Just put the tongue away, girlfriend."

DOROTHY ROBINSON

Metro's picks

1 Miley Cyrus ditches her clean-cut image by twerking at the MTV awards, smoking a joint on air at the MTV Europe Awards, and working with photographer Terry Richards — and those are just some of her antics.

2 Amanda Bynes — see Liz Beddall's story to your right.

3 Kanye West and Kim Kardashian brought forth a baby and decided it would be

fun to name her North.

4 Justin Bieber wreaked havoc in his neighbourhood with his driving, peed in a bucket, lost his monkey, and then had a drama-filled South American tour before heading to Australia for more of the same.

5 Angelina Jolie surprised the world by announcing she underwent a double mastectomy.



Who wasn't confused by this Canadian coupling? GETTY IMAGES



Cory Monteith's untimely death shocked the world. GETTY IMAGES

Dorothy Robinson's picks

1 Miley Cyrus' crazy year.

2 The evolution of Kimye (and the birth of baby North West).

3 Beyonce wins the Super Bowl.

4 Cory Monteith overdosing.

5 Avril Lavigne marrying Chad Kroeger.

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The five worst fitness trends of 2013 we hope don't return

Year-end review.

Workouts can get boring from time to time but these ideas on how to switch things up missed the mark this year.

VAWN
HIMMELSBACH
life@metronews.ca

It's not a bad idea to switch up your workout routine every now and then to challenge your muscles and stay motivated. But in the quest for new ways to do old exercises, some trends might be a tad questionable.

Backwards running

Sure, running can get monotonous, but is running backwards the answer? There's a reason why people are doing it: According to a study by the U.S. National Library of Medicine National Institutes of Health, running backwards uses 30 per cent more energy than moving forward at the same speed. And, supposedly, it's easier on your knees. But let's face it; running backwards is an accident waiting to happen since — if it's not obvious — you can't see where you're going. Not to mention it looks ridiculous.



There is nothing wrong with weightlifting. But weightlifting in the heat doesn't make sense. ALL IMAGES ISTOCK PHOTOS

Boutique/hybrid yoga

If you're into yoga, there are a variety of styles to suit your personality, from ashtanga to moksha to yin. But now, you can mix those warrior poses with ... hula-hoops, trampolines and martial-arts kicks. Or do yoga on a paddleboard, to disco music or even with your dog (doga). But yoga isn't about total body sculpting or getting a cardio workout — it's about quieting your mind. And it's hard to quiet your mind while doing disco moves in tree posture.



Extreme HIIT ... for average Joes

High-intensity interval training (or HIIT) has many benefits: Bursts of vigorous exercise (think squats and burpees) followed by brief rest periods can burn calories — fast. That's why we've seen the rise of workouts like CrossFit, and the Insanity and P90X DVD series. But along with the increase in popularity of these types of workouts has come an increase in injury, from slipped disks to torn rotator cuffs. According to a recent study published by The Journal of Strength

and Conditioning Research, 16 per cent of CrossFit participants quit the program due to overuse or injury. At least it's good news for orthopedic surgeons.

Themed runs (that involve barbed wire)

Working out should be fun, and hey, who wouldn't be motivated to run faster when being chased by zombies? While themed workouts from Tough Mudder to colour runs (running through clouds of coloured cornstarch) can be motivating or push you to challenge your endurance, any athletic endeavor that involves wading through ice water under barbed wire or



Run from this trend.

being zapped by live wires is questionable. Perhaps next we'll start seeing live wires attached to treadmills so you'll get zapped if you're not running fast enough.

Hot weightlifting

Traditional weightlifting remains one of the best ways to build muscle. But one of the latest fads takes weightlifting to a new level — pumping iron in the heat. The concept behind Bikram yoga (where the temperature in the room is cranked to 40.6 C with a humidity of 40 per cent) is now being applied to everything from barre to spinning and weightlifting classes. But according to a recent study by the American Council on Exercise, turning up the heat doesn't actually burn extra calories. You just think you are, all the while risking dehydration and even heat stroke. If you like the heat, best to stick to Bikram.

3 THE

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Design darlings of 2013

Style gurus Steven Sabados and Chris Hyndman take a look back at the top home-decor trends of the past year, and find the standout themes included artful lighting, lived-in linen, warm gold and brass accents, and the rustic look of unfinished wood. For more chic decor ideas, watch Steven & Chris weekdays at 2 p.m. on CBC.



Emerald Green

Emerald green, Pantone's 2013 colour of the year, was eagerly and enthusiastically embraced by designers and consumers. From throw cushions to sofas and wall treatments, emerald green was undoubtedly this year's "it" colour. Emerald green is vibrant, radiant and lush and it's not surprising that its popularity also sparked a renewed interest in all things glam.

Gold and brass

This was the year many vintage favourites experienced a major comeback. Gold and brass, reminiscent of decades past, became a leading trend and surfaced anywhere from hardware finishes to decor accessories.

Gold flatware appeared on tabletops. Chrome no longer dominated kitchen and bathroom fixtures as gold and brass taps offered a warm metallic glow in the room. Brass and gold decor accents became increasingly sought after this year.

as the idea of mixing metallics grew in popularity.

You don't need to discard your existing finishes to incorporate brass and gold into your home decor, and that's a key factor in the success of this design trend.

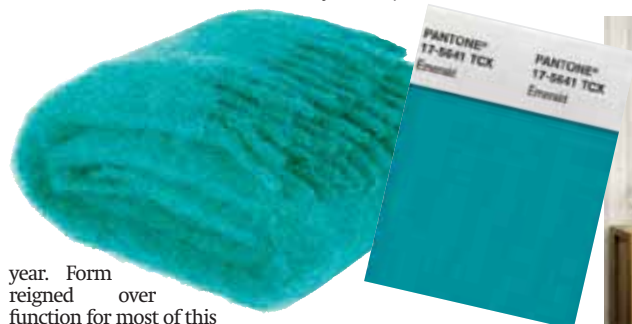
Natural wood

Natural wood was the material of choice for many this year. Raw wood tables with no varnish or treatments went from being showroom darlings to standard household decor.

The versatility and durability of raw wood coupled with its natural patina over time make it a sensible and stylish solution for family living. The rustic look of natural unfinished wood has also been juxtaposed with cooler elements like chrome and glass in more formal areas of the home.

Lighting as art

Lighting as a form of artwork became a popular concept this



year. Form reigned over function for most of this year's most desired light fixtures. In 2013, lighting made a statement in the room instead of just lighting it up. Over-scale light fixtures were also a big part of this trend. Chandeliers, pendants, sconces, table lamps and floor lamps have become key extensions of a room's style and personality.

The lived-in look

In 2013, comfort was king with a big focus on natural fibres such as linen. The relaxed lived-in look was seen in many up-

holstered decor pieces such as casual wingback chairs and slip-covered sofas. Even drapery has moved away from traditional silk textiles to the more casual elegance of linen. The driving force of this trend is lifestyle and the move away from traditional formal choices to more liveable no-fuss options.



Natural wood was the material of choice for many this year, say Steven and Chris. Crate and Barrel's Big Sur Natural collection, which includes dining tables, benches and a sideboard, has a polished wax finish and emphasizes the innate character of the wood. For more details, see crateandbarrel.com. COURTESY CRATEANDBARREL.COM

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Remember when Mexican food meant cookie cutter platters of oddly coloured white rice with a bunch of stuff covered in cheese? You may have gotten a bowl of pre-fab corn chips and bottled salsa instead of bread as an appetizer.

Luckily, 2013 saw the rise of true Mexican food. It showed up everywhere, from the very hip food truck culture running away with the foodie heart to the top end of just about every urban menu.

Some of the foods that we can't get enough include pulled pork, fish tacos and burritos. And you really haven't lived



Mexican has gone beyond the smothered-in-cheese dishes. ISTOCK

unless you've found churros with the caramel-like dulce de leche sauce. (Don't forget the side of tequila, which was the beverage of 2013.) Real Mexican food is wholesome, and it varies across the country from fish-based seaside to tropical fruit interiors, but they all have three things in common: corn, chili peppers and beans. The Europeans added pork, chicken and tomatoes and North Americans topped it all off with some flair. Taco night is no longer spice from a box mixed with ground beef and corn shells.

Chicken

Toss a chicken in the slow cook-

er with one of the many creative jars of salsa on the market and cook all day. Pull chicken from the bones and serve with tostadas, artisan corn and wheat tortillas plus toppings like frozen corn simply roasted on a cookie sheet in the oven.

Cole Slaw

Think about a grated cole slaw mix instead of shredded lettuce. Top with cocoa nibs, any manner of chopped chilies and any combo of fresh herbs. Serve with fresh lime juice and soda water with muddled mint (go ahead add some tequila!)

Pulled Pork

Pulled pork couldn't be easier. The low and slow oven versions create the best melt in your mouth recipes. Sauce options run the gamut from barbecue sauce to the chocolate and chili based mole sauce. This one pot wonder is the best crowd pleaser to come out of this Mexican trend. Pork shoulder or arm is an affordable (if fatty) cut that can't be ruined as long as you keep the oven temperature below 300 and the time at least an hour per pound.

Churro Dip

Since churros are hard to find, must be fresh and deep frying is a pain (not to mention crazy unhealthy!)

Why not go with the classic churro dip: dulce de leche and forgo the donut? This sweet milk caramel sauce can be now purchased jarred but the quickie cheater recipe using only sweetened, condensed milk is ridiculously easy.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Wine of the Year

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"I'm loading up on 2011 Vintage Port," says Peter Rockwell, Metro's expert for all things liquid.

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Sports

Halifax sports fans watched a prodigious Mooseheads team flourish and a disappointing Rainmen squad flounder in 2013

Player's time with Moose helps heal family wounds

Highlights of 2013.

Metro sports reporter recalls his favourite interview this year



ANDREW RANKIN

andrew.rankin@metronews.ca

One of my goals as a reporter, when the circumstances allow, is to strive to go beyond writing stories just about a sport or an athlete.

I try to show relatable side of my subjects. I think many readers have a desire to connect with a subject on a personal, human level.

For any number of reasons, it's sometimes difficult to make an athlete open up enough to reveal interesting,

More than a game

"It's about the four of us, and having some fun with his career as opposed to it being a struggle now."

MacKenzie Weegar's mother, Louise

unique insights about their true selves. In my year as the Halifax Mooseheads beat reporter I've had a chance to get to know some players better than others and have written some stories that have seemed to resonate with our readership.

Mooseheads defenceman MacKenzie Weegar has been an especially good interview. No matter the circumstances he's always available to talk, always has a good quote or two.

My favourite story of the year centres on Weegar and how hockey has impacted his family for the better. I sat down with Weegar and his parents, Louise and Scott, in their home city of Ottawa while covering the Mooseheads' playoff run in nearby Gatineau, Que.

I was struck by how open the trio was, how the parents opened up about their difficult divorce, how MacKenzie ended up for a significant time living with friends of the family.

Through it all MacKenzie continued to play hockey. He was passed up in the OHL draft. He persevered. He rose the ranks from Junior A to making the Mooseheads as a rookie last year to being drafted by the Florida Panthers last June.



Halifax Mooseheads defenceman MacKenzie Weegar sits next to his mother, Louise, last April. DEVAAN INGRAM/FOR METRO

Slowly, the Weegars, including his sister, Emily, have drawn closer and they all agree that MacKenzie's blossoming career has played a profound role in breaking down the barriers and healing old wounds. "It's about the four of us, and

having some fun with his career as opposed to it being a struggle now," said Louise.

Same goes for MacKenzie, who holds no resentment regarding his upbringing.

"I'm proud not just for myself but for my sister too," said

MacKenzie. "We've all come a long way."

It's a story underlined by hardship that we can all relate to. But it's also an inspiring journey illustrating the power of forgiveness, hope and family ties.

The stories that captured the attention of the city's sports fanatics

ANDREW RANKIN/METRO



Justine Colley is the real deal

Justine Colley has outright dominated Atlantic University Sport women's basketball over her five-year career. Last season, the East Preston native became the first player from the conference to win Canadian Interuniversity Sport women's basketball player of the year.

Epic Moose squad wins the Memorial

The Mooseheads were a team destined for greatness last season. Powered by a top line of Nathan MacKinnon, Jonathan Drouin and Martin Frk, and a potent supporting cast, the Mooseheads breezed through the regular season with a record of 58-6-3-1. They capped that off with the franchise's first President and Memorial Cup titles.



MacKinnon earns his spot at the top

In the days leading up to last June's NHL draft, it was uncertain who would be picked first overall. Nathan MacKinnon's MVP performance at the Memorial Cup appeared to solidify his place at the top. Speculation turned to celebration when the Cole Harbour native was selected No. 1 by the Colorado Avalanche.

The welcome return of Drouin

Mooseheads fans got an early Christmas present compliments of the Tampa Bay Lightning. In September, the club assigned Jonathan Drouin, the reigning CHL player of the year, to the Herd. His addition made the Mooseheads into an immediate contender. He's recorded 50 points in just 23 games.



Rainmen falling into drought

After making it to the NBL Canada final in 2012, the Halifax Rainmen failed to keep form in 2013. After a season that included roster changes and the hiring and firing of two coaches, the team failed to make the playoffs. This season they started at 0-10.

4-SPORTS

The past year has produced several highs and lows throughout the sports landscape, with the following grabbing our attention above all the others.

THE CANADIAN PRESS

The end of the NHL lockout

Hockey fans rejoiced when the NHL and the NHL Players' Association reached a tentative deal to end the lockout in the early hours of Jan. 6.

The agreement was ratified by the board of governors three days later.

Just over five months later, the Chicago Blackhawks won their second Stanley Cup in four years.



NHL commissioner Gary Bettman apologized following the lockout. GETTY IMAGES

A season of disappointment

The Toronto Blue Jays came into 2013 as World Series favourites after a blockbuster off-season that included a 12-player megadeal with the Florida Marlins and the acquisition of reigning National League Cy Young winner R.A. Dickey.

But with the city buzzing at the thought of meaningful September baseball for the first time since the team's championship years in 1992 and 1993, the campaign was bust from the start.



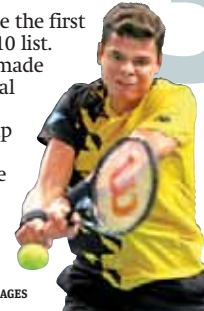
Brett Lawrie TORSTAR NEWS SERVICE

Raonic's rise

Tennis star Milos Raonic became the first Canadian to crack the ATP top-10 list.

The Thornhill, Ont., player made the Rogers Cup final in Montreal and was also instrumental in leading Canada to the Davis Cup semifinals.

Also making big gains on the court in 2013 were Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard, who both shot up the rankings.

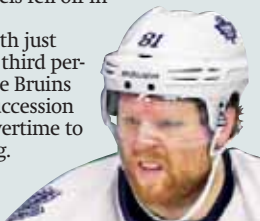


Milos Raonic GETTY IMAGES

Leafs collapse in epic fashion

The Toronto Maple Leafs made the playoffs for the first time since 2004 and looked set to advance to the second round when the wheels fell off in spectacular fashion.

Toronto led Boston 4-1 with just over 11 minutes to go in the third period of Game 7, only to see the Bruins score three times in quick succession in regulation and again in overtime to send the Maple Leafs packing.



Phil Kessel TORSTAR NEWS SERVICE

Canada's top

7

sports stories of the year

Canadian hoops history

Anthony Bennett shocked many observers on June 27 when he became the first-ever Canadian to go No. 1 at the NBA draft,

selected by the Cleveland Cavaliers.

"I'm just as surprised as everybody else," the Brampton native said.

Meanwhile, Vaughan's Andrew Wiggins was named the top high school player in the U.S.



Anthony Bennett is greeted by NBA commissioner David Stern upon being drafted. GETTY IMAGES

TOP SIX@6

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Beyoncé XO
- 5 John Newman Love Me Again
- 4 Hedley Anything
- 3 Pitbull ft. Ke\$ha Timber
- 2 Lady Gaga Do What U Want
- 1 Eminem ft. Rihanna The Monster



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GSP steps away

UFC welterweight champion Georges St-Pierre successfully defended his title twice in 2013.

But after a bruising and controversial split-decision victory over Johnny Hendricks on Nov. 16, the Montreal fighter hinted at retirement in a cryptic post-fight interview in the cage that included a reference to unexplained personal issues and his need to step away from the sport.

Then, on Dec. 13, St-Pierre vacated his title and announced an indefinite hiatus from the Octagon, citing the pressures of being champion.



Georges St-Pierre THE CANADIAN PRESS

CFL double for Cornish

Calgary Stampeders running back Jon Cornish became the first Canadian in 35 years to win the CFL's most outstanding player award.

Cornish, who was also named the league's top Canadian for the second straight year, is the first Canuck to be named CFL MVP since Ottawa Rough Riders tight end Tony Gabriel in 1978.

Cornish finished the 2013 season with 1,813 yards rushing and 12 touchdowns.

Jon Cornish went on to win the 2013 Lou Marsh award as Canada's top athlete. THE CANADIAN PRESS





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Answer to ending Jays' drought? It's Pat!



DAVE LANGFORD
Sports reporter in London, Ont.

There is a wonderful piece of trivia surrounding legendary Blue Jays general manager Pat Gillick, and it goes like this.

After leading the Blue Jays to two World Series titles (1992, '93) and five division titles (1985, '89, '91, '92, '93), Gillick left the team in 1994.

And the Jays have not made the playoffs since.

In 1995, Gillick joined Baltimore as general manager and the Orioles made the playoffs in 1996 and '97. He left the team after his three-year contract ended.

The Orioles then went on a streak of 14 losing seasons before finally making the playoffs once in 2012.

Next, Gillick took his

genius to Seattle where the Mariners made the playoffs in 2000 and 2001, the only time in their history they made the post-season in back-to-back seasons.

He left the team in 2003. And, yes, the Mariners have not made the playoffs since.

His next stop was Philadelphia where, as general manager, he led the Phillies to his third World Series

championship. Now retired as GM, he continues to work for the Phillies as a senior advisor.

Meanwhile, the three teams he left behind have a grand total of one playoff appearance in 44 seasons.

And with the Blue Jays currently priding themselves on promotions such as Flashback Fridays, they need to bring back the most important per-

son in their 36-year history — Lawrence Patrick David Gillick.

God knows they've tried everything else.

The team has just come off the most anticipated season since it last made the playoffs — and won the World Series — 20 years ago.

But the much-hyped 2013 was a disaster in every way.

It started with Opening Day and never let up.

April 2 was the day a truly horrendous fielding catcher with some admitted pop in his bat talked manager John Gibbons and general manager Alex Anthopoulos into letting him catch a Cy Young-winning knuckleball pitcher the Jays had acquired in the off-season.

Before a crowd of 48,847 at the Rogers Centre, catcher J.P. Arencibia allowed three passed balls — should have been four but a wonky scorer decision saved him — and the Blue Jays, with R.A. Dickey on the mound, lost 4-1 to the Cleveland Indians.

The Jays' leaders in 2013

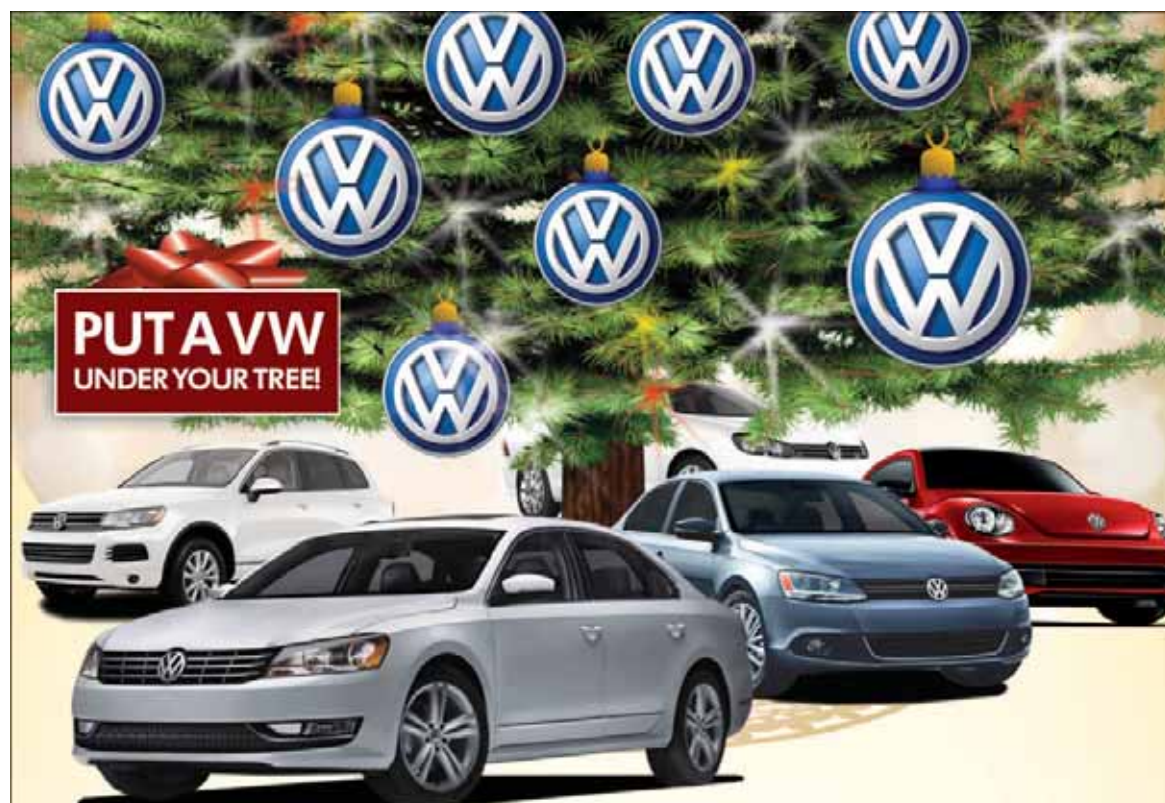
Wins: R.A. Dickey, 14
Strikeouts: R.A. Dickey, 177
Saves: Casey Janssen, 34
Batting average: Adam Lind, .288
Homers: Edwin Encarnacion, 36
RBI's: Encarnacion, 104
Hits: Encarnacion, 144

Arencibia never caught Dickey again and batted .194 on the season in which he miraculously was allowed to have 474 at bats.

Yes, there were pitching challenges and injuries all season long, with starters in and out of the lineup, and the Shuffle Off to Buffalo theme song was the team's No. 1 hit.

But the tedious season in which the Jays finished last in the five-team division was essentially lost that day in April.

The only way to turn the franchise around is to bring back the Blue Jay legend, Pat Gillick. Even at the age of 76.



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The Blue Jays and starting pitcher R.A. Dickey crumbled under the World Series-sized expectations in Toronto in 2013. GETTY IMAGES FILE

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Horoscopes

Aries

March 21 - April 20

You are on the threshold of a spectacular breakthrough. Which only goes to show that when you focus on a goal and follow up on it consistently, you can be a success. But don't get too full of yourself.

Taurus

April 21 - May 21

You need a change of direction and the planets will see that you get it. But don't worry. You will like what the next few weeks bring your way very much indeed.

Gemini

May 22 - June 21

You are who you are for a reason. If you stop wasting time fantasizing about who you would like to be and focus on doing a better job of who you are, you will soon be both successful and happy.

Cancer

June 22 - July 23

Your problems are not as bad as you think, so quit worrying. Cosmic activity in your opposite sign of Capricorn will bring relationship matters to a head over the weeks, but there is no need to panic. You'll survive.

Leo

July 24 - Aug. 23

You may be tempted to change something that has worked for years, but is that a good idea? There is every possibility that you will go too far and change things in a revolutionary rather than an evolutionary way.

Virgo

Aug. 24 - Sept. 23

Play to your strengths and don't let what others are doing affect you in any way. There are some things you do better than most and those are the things you should be focusing on.

Libra

Sept. 24 - Oct. 23

If you have been taking a loved one for granted, this could be a tricky day. Somehow you need to convince them that your feelings are still the same but it will take more than just words.

Scorpio

Oct. 24 - Nov. 22

Something important is about to happen and chances are you will enjoy it. Most likely it will have something to do with your social life, so get out into the world and smile big!

Sagittarius

Nov. 23 - Dec. 21

You may come into money over the next few days but it would be wrong to count on it to get you out of trouble. The only way you are going to improve your financial situation is to cut back on your commitments.

Capricorn

Dec. 22 - Jan. 20

As cosmic activity in your sign reaches a peak over the new year period, you'll have to deal with situations that in the past you've tried to avoid. The good news is solutions can be found, but you've got to act now.

Aquarius

Jan. 21 - Feb. 19

If your present approach to a problem is not working then clearly you need to tackle it from a different angle. Some people say you're too inflexible, too set in your ways to change. Prove them wrong.

Pisces

Feb. 20 - March 20

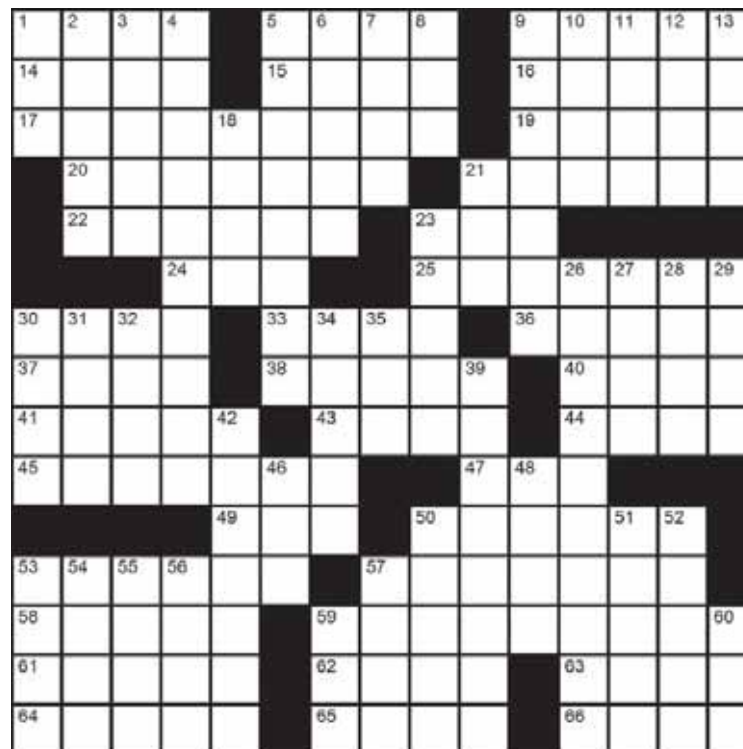
Pay attention to what loved ones tell you over the next 24 hours because they can see something that you missed. If you listen to what they say and act on their advice, it could save you trouble. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Pasta, e.g.
5. 17th Greek letters
9. Mother-of-pearl
14. ___ code
15. Nobleman
16. Once more
17. December 26th significance: 2 wds.
19. Rene of movies
20. Be drifting alone at sea ...but suddenly become joyful!: 2 wds.
21. Slightly adjusts
22. Accompaniment
23. Musical fifth note, variantly
24. Exclaimed "That hurts!", say
25. Shopping: Door-___ special
30. George Michael's '80s group!
33. Architect Mr. Saarinen
36. France's longest river
37. Rush
38. Pilotless aircraft
40. Gift Tag: To and

41. Nimbi
43. Prince of Wales' motto, Ich ___ (I Serve)
44. Dick Tracy's beloved, ___ Trueheart
45. '50s TV series about a Quebec family, "La famille ___"
47. Best, ___-rated
49. Fee-fi-fo-___
50. North or South, in The States



53. Neil Young song: 2 wds.
57. Subscriber's extension
58. Wickerworker's willow
59. Traditional pudding of Newfoundland: 2 wds.

61. Billy Bob Thornton flick, "The Man Who ___ There" (2001)
62. 'Myth' suffix
63. National Velvet author Ms. Bagnold
64. Tiffs
65. Foundation
66. Lines of travel, for

short

Down

1. Taxi
2. Sprang up
3. T. ___ (Some dinosaurs)
4. ___-___, Quebec (Former PM Brian Mulro-

ney's birthplace)

5. Viewed as
6. "In case you ___ noticed..."
7. Toward the mouth
8. Slick
9. Arctic whale having a spiral tusk
10. Chill

11. House, in Havana
12. Board game
13. Biblical grandson
18. Sugar substitute, Sweet'___
21. Maple Leafs, on scoreboards
23. Elegant biscuit
26. Ski slope surface sometimes: 2 wds.
27. Contract
28. God of love in Greek mythology
29. Sleep stages, commonly
30. Gift ___
31. Transport stuff
32. Prefix to 'phobia' (Fear of heights)
34. Canadian fashion designer Mr. Moralioglu
35. French queen's mate
39. Mire
42. Attempts
46. Amusing
48. ___dokey
50. Manet painting contemporary
51. Razz
52. 1966 Michael Caine film
53. Awesomenesses!
54. Office request [acronym]
55. Marge's daughter
56. Prince Michael of ___ (Queen Elizabeth's cousin)
57. Costa ___
59. Taradiddle
60. Hose-using rescue units, for short

Dec. 24th's Crossword

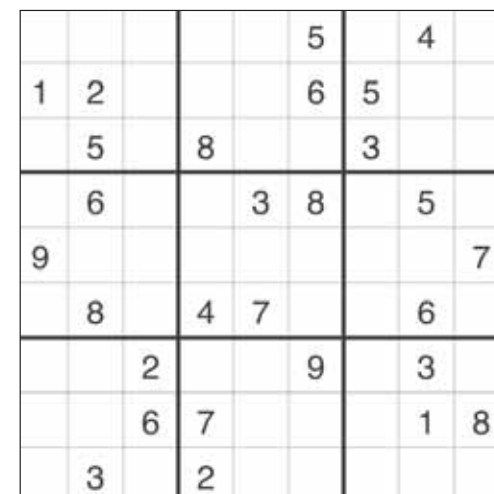


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Dec. 24's Sudoku



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